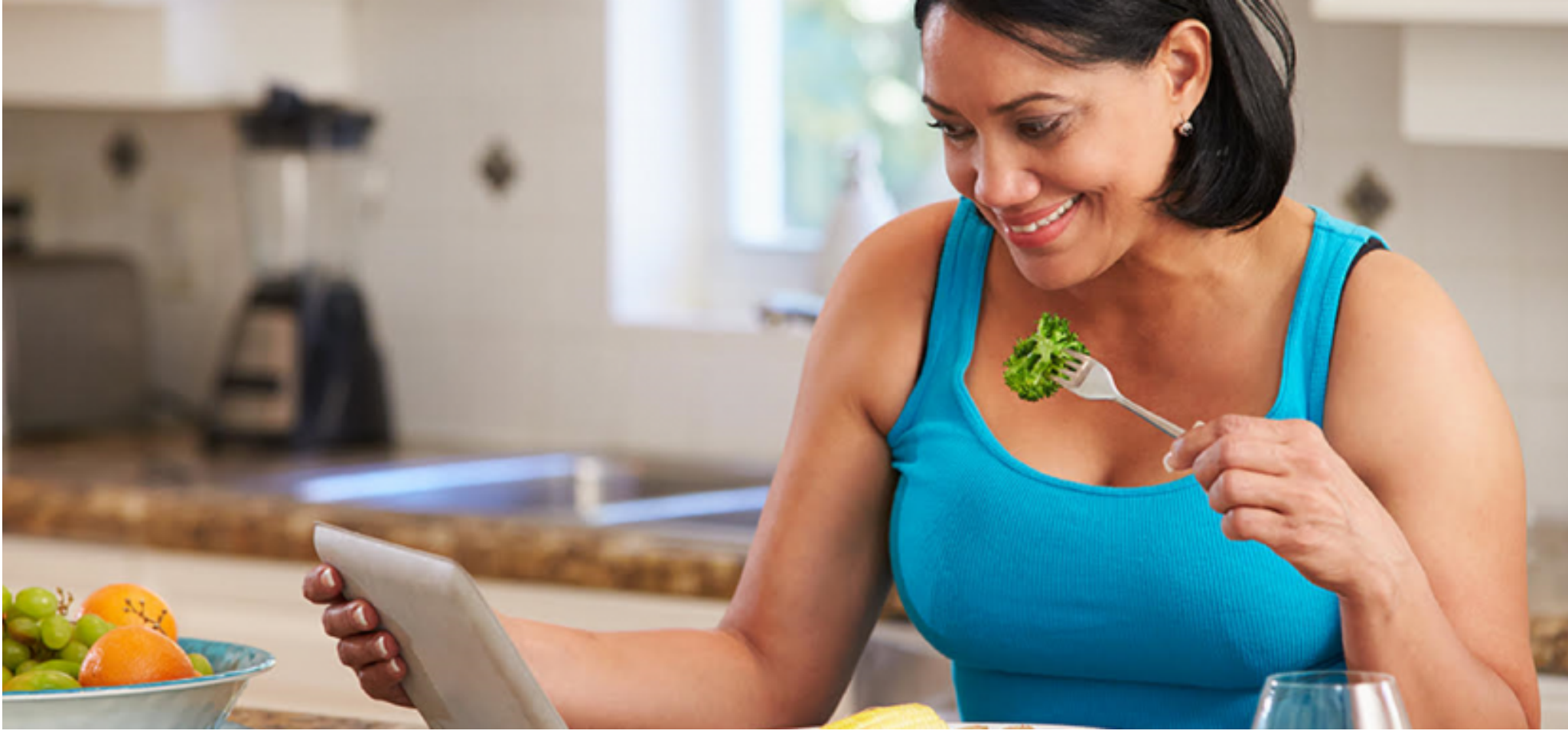


JMIR Diabetes | Digital Diabetes Prevention Program on Weight and Physical Activity

On July 29, 2022 | Tagged diabetes, diabetes prevention program, digital health, DPP, longitudinal study, mHealth, mobile health, physical activity, prevention, weight loss | Edit This



JMIR Publications recently published "A 12-Month Follow-Up of the Effects of a Digital Diabetes Prevention Program (VP Transform for Prediabetes) on Weight and Physical Activity Among Adults With Prediabetes: Secondary Analysis" in JMIR Diabetes which reported that previous research has demonstrated the efficacy of a diabetes prevention program (DPP) in lifestyle modifications that can prevent or delay the onset of type 2 diabetes among individuals at risk.

The aim of this study is to investigate the effects of a digital DPP on weight and physical activity among participants who had completed 12 months of the program.

This study was also a secondary analysis of retrospective data of adults with prediabetes who were enrolled in VP Transform for Prediabetes for 12 months of the program.

The program incorporates interactive mobile computing, remote monitoring, an evidence-based curriculum, behavior tracking tools, health coaching, and online peer support to prevent or delay the onset of type 2 diabetes.

The sample was composed of people with prediabetes who completed at least 9 months of the VP Transform for Prediabetes program.

Dr. Meshari F. Alwashmi from The Memorial University of Newfoundland said, "Diabetes is associated with considerable economic and social burden. Digital Diabetes Programs, such as VP Transform for prediabetes, have the potential to enhance health outcomes while mitigating healthcare costs "

Type 2 diabetes can be managed and prevented using lifestyle change programs. Clinical trial efficacy data demonstrated a marked reduction in progression from prediabetes to type 2 diabetes mellitus among individuals who achieved modest weight loss through lifestyle change focused on dietary change and increased physical activity.

JMIR Publications
@jmirpub · Follow

New JMIR Diabetes: A 12-Month Follow-Up of the Effects of a Digital #diabetes Prevention Program (VP Transform for Pre#diabetes) on Weight and Physical Activity Among Adults With Pre#diabetes: Secondary Analysis [dlvr.it/SH6yzm](https://doi.org/10.2196/23243)

9:26 AM · Jan 14, 2022

1 Reply Share

[Explore what's happening on Twitter](#)

Based on these findings, the Centers for Disease Control and Prevention (CDC) launched the National Diabetes Prevention Program to help individuals with prediabetes achieve 5% to 7% body weight loss.

Diabetes prevention programs have been widely implemented and have been shown to be effective in helping individuals reduce their weight and improve health behaviors such as engaging in physical activity and eating a balanced diet.

Virgin Pulse, a global digital health company, adapted the CDC's Diabetes Prevention Program to a digital model to enable a highly scalable, convenient, and flexible delivery of the CDC program.

Effectiveness of the digital DPP, VP Transform for Prediabetes, was previously evaluated over a 4-month period, resulting in an average weight loss of 13.3 pounds after 4 months.

The Alwashmi Research Team concluded in their JMIR Publications Research Output, "VP Transform for Prediabetes significantly reduces body weight and results in an increase in total weekly physical activity minutes. The study's findings highlight the effectiveness of the program in promoting meaningful changes to participants' behaviors, leading to a reduction in their risk for type 2 diabetes."

###

DOI - <https://doi.org/10.2196/23243>

Full-text - <https://diabetes.jmir.org/2022/1/e23243>

Free Altmetric Report - <https://jmir.altmetric.com/details/120892376>

Keywords - mHealth, mobile health, diabetes, DPP, diabetes prevention program, digital health, longitudinal study, prevention, weight loss, physical activity

JMIR Publications is a leading, born-digital, open access publisher of 30+ academic journals and other innovative scientific communication products that focus on the intersection of health and technology. Its flagship journal, the Journal of Medical Internet Research, is the leading digital health journal globally in content breadth and visibility, and it is the largest journal in the medical informatics field.

To learn more about JMIR Publications, please visit <https://www.JMIRPublications.com> or connect with us via:

YouTube - <https://www.youtube.com/c/JMIRPublications>

Facebook - <https://www.facebook.com/JMedInternetRes>

Twitter - <https://twitter.com/jmirpub>

LinkedIn - <https://www.linkedin.com/company/jmir-publications>

Instagram - <https://www.instagram.com/jmirpub/>

Head Office - 130 Queens Quay East, Unit 1100 Toronto, ON, M5A 0P6 Canada

Media Contact - Communications@JMIR.org

The content of this communication is licensed under the terms of the Creative Commons Attribution License (<https://creativecommons.org/licenses/by/4.0/>), which permits unrestricted use, distribution, and reproduction in any medium, provided the original work, published by JMIR Publications, is properly cited.

JMIR Publications is a registered trademark of JMIR Publications

Previous Post: [JMIR Nursing | Using a Decision Aid to Support Shared Prenatal Screening Decision Making](#)

Search: Type Search Term ...

Recent Posts

- [JMIR Diabetes | Digital Diabetes Prevention Program on Weight and Physical Activity](#)
- [JMIR Nursing | Using a Decision Aid to Support Shared Prenatal Screening Decision Making](#)
- [JMIR Formative Research | Digital Life Coaching During Stem Cell Transplantation](#)
- [JMIR Biomedical Engineering | Using Machine Learning to Reduce Treatment Burden](#)
- [JMIR Aging | Using Twitter to Examine Stigma Against People With Dementia During COVID-19](#)

Archives

- [July 2022](#)
- [June 2022](#)
- [May 2022](#)
- [April 2022](#)
- [March 2022](#)
- [February 2022](#)
- [January 2022](#)
- [December 2021](#)
- [November 2021](#)
- [October 2021](#)
- [September 2021](#)
- [August 2021](#)
- [July 2021](#)
- [June 2021](#)
- [May 2021](#)
- [April 2021](#)
- [March 2021](#)
- [February 2021](#)
- [December 2020](#)
- [November 2020](#)
- [October 2020](#)
- [September 2020](#)
- [August 2020](#)
- [June 2020](#)
- [May 2020](#)
- [April 2020](#)
- [February 2020](#)
- [May 2019](#)
- [April 2019](#)
- [January 2019](#)
- [December 2018](#)
- [November 2018](#)
- [October 2018](#)
- [July 2018](#)
- [May 2018](#)
- [March 2018](#)

Categories

- [Industry News](#)
- [Job Postings](#)
- [Press Releases](#)
- [Uncategorized](#)